



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 15026, Fish, eel, mixed species, cooked, dry heat**

**Report Date: June 25, 2017 18:37 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 oz with bone (yield after bone removed) 22g	1 cubic inch, boneless 17g	1 fillet 159g	3.0 oz 85g
<b>Proximates</b>									
Water	g	59.31	--	--	16.81	13.05	10.08	94.30	50.41
Energy	kcal	236	--	--	67	52	40	375	201
Energy	kJ	987	--	--	280	217	168	1569	839
Protein	g	23.65	--	--	6.70	5.20	4.02	37.60	20.10
Total lipid (fat)	g	14.95	--	--	4.24	3.29	2.54	23.77	12.71
Ash	g	1.80	--	--	0.51	0.40	0.31	2.86	1.53
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
<b>Minerals</b>									
Calcium, Ca	mg	26	--	--	7	6	4	41	22
Iron, Fe	mg	0.64	--	--	0.18	0.14	0.11	1.02	0.54
Magnesium, Mg	mg	26	--	--	7	6	4	41	22
Phosphorus, P	mg	277	--	--	79	61	47	440	235
Potassium, K	mg	349	--	--	99	77	59	555	297
Sodium, Na	mg	65	--	--	18	14	11	103	55
Zinc, Zn	mg	2.08	--	--	0.59	0.46	0.35	3.31	1.77
Copper, Cu	mg	0.029	--	--	0.008	0.006	0.005	0.046	0.025
Manganese, Mn	mg	0.040	--	--	0.011	0.009	0.007	0.064	0.034
Selenium, Se	µg	8.3	--	--	2.4	1.8	1.4	13.2	7.1
<b>Vitamins</b>									
Vitamin C, total ascorbic acid	mg	1.8	--	--	0.5	0.4	0.3	2.9	1.5
Thiamin	mg	0.183	--	--	0.052	0.040	0.031	0.291	0.156

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Riboflavin	mg	0.051	--	--	0.014	0.011	0.009	0.081	0.043
Niacin	mg	4.487	--	--	1.272	0.987	0.763	7.134	3.814
Pantothenic acid	mg	0.280	--	--	0.079	0.062	0.048	0.445	0.238
Vitamin B-6	mg	0.077	--	--	0.022	0.017	0.013	0.122	0.065
Folate, total	µg	17	--	--	5	4	3	27	14
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	17	--	--	5	4	3	27	14
Folate, DFE	µg	17	--	--	5	4	3	27	14
Vitamin B-12	µg	2.89	--	--	0.82	0.64	0.49	4.60	2.46
Vitamin A, RAE	µg	1137	--	--	322	250	193	1808	966
Retinol	µg	1137	--	--	322	250	193	1808	966
Vitamin A, IU	IU	3787	--	--	1074	833	644	6021	3219
<b>Lipids</b>									
Fatty acids, total saturated	g	3.023	--	--	0.857	0.665	0.514	4.807	2.570
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
14:0	g	0.740	--	--	0.210	0.163	0.126	1.177	0.629
16:0	g	2.032	--	--	0.576	0.447	0.345	3.231	1.727
18:0	g	0.245	--	--	0.069	0.054	0.042	0.390	0.208
Fatty acids, total monounsaturated	g	9.218	--	--	2.613	2.028	1.567	14.657	7.835
16:1 undifferentiated	g	1.609	--	--	0.456	0.354	0.274	2.558	1.368
18:1 undifferentiated	g	3.554	--	--	1.008	0.782	0.604	5.651	3.021
20:1	g	3.846	--	--	1.090	0.846	0.654	6.115	3.269
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.214	--	--	0.344	0.267	0.206	1.930	1.032
18:2 undifferentiated	g	0.251	--	--	0.071	0.055	0.043	0.399	0.213
18:3 undifferentiated	g	0.554	--	--	0.157	0.122	0.094	0.881	0.471
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.122	--	--	0.035	0.027	0.021	0.194	0.104
20:5 n-3 (EPA)	g	0.108	--	--	0.031	0.024	0.018	0.172	0.092

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22:5 n-3 (DPA)	g	0.095	--	--	0.027	0.021	0.016	0.151	0.081
22:6 n-3 (DHA)	g	0.081	--	--	0.023	0.018	0.014	0.129	0.069
Cholesterol	mg	161	--	--	46	35	27	256	137
<b>Amino Acids</b>									
Tryptophan	g	0.265	--	--	0.075	0.058	0.045	0.421	0.225
Threonine	g	1.037	--	--	0.294	0.228	0.176	1.649	0.881
Isoleucine	g	1.090	--	--	0.309	0.240	0.185	1.733	0.927
Leucine	g	1.922	--	--	0.545	0.423	0.327	3.056	1.634
Lysine	g	2.171	--	--	0.615	0.478	0.369	3.452	1.845
Methionine	g	0.700	--	--	0.198	0.154	0.119	1.113	0.595
Cystine	g	0.253	--	--	0.072	0.056	0.043	0.402	0.215
Phenylalanine	g	0.923	--	--	0.262	0.203	0.157	1.468	0.785
Tyrosine	g	0.798	--	--	0.226	0.176	0.136	1.269	0.678
Valine	g	1.218	--	--	0.345	0.268	0.207	1.937	1.035
Arginine	g	1.415	--	--	0.401	0.311	0.241	2.250	1.203
Histidine	g	0.696	--	--	0.197	0.153	0.118	1.107	0.592
Alanine	g	1.430	--	--	0.405	0.315	0.243	2.274	1.216
Aspartic acid	g	2.421	--	--	0.686	0.533	0.412	3.849	2.058
Glutamic acid	g	3.530	--	--	1.001	0.777	0.600	5.613	3.001
Glycine	g	1.135	--	--	0.322	0.250	0.193	1.805	0.965
Proline	g	0.836	--	--	0.237	0.184	0.142	1.329	0.711
Serine	g	0.965	--	--	0.274	0.212	0.164	1.534	0.820
<b>Other</b>									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0